

RECOMMENDED SCREENINGS, TESTS, AND IMMUNIZATIONS FOR WOMEN WITH HIGH-RISK FACTORS



<http://www.womenshealth.gov>

1-800-994-9662

TDD: 1-888-220-5446

| ✓ if it applies | Does your family history include? | Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age: |
|-----------------------|---|---|
| | High blood pressure | Blood pressure test |
| | High cholesterol | Cholesterol test |
| | Heart disease, premature heart disease, or heart attack | Blood pressure test, cholesterol test |
| | Diabetes | Blood glucose test |
| | Breast cancer | Mammogram, breast self-exam, clinical breast exam, genetic counseling to discuss breast and ovarian cancer risk, breast MRI, ovarian cancer tests |
| | Endometrial cancer | Colon screening, Pap test |
| | Ovarian cancer | Pelvic exam, genetic counseling to discuss ovarian and breast cancer risk, ovarian cancer tests, colon screening, clinical breast exam, mammogram |
| | Osteoporosis, bone fracture in adulthood | Bone mineral density test |
| | Thyroid disease or thyroid cancer | Thyroid test and/or genetic counseling to discuss risk of thyroid cancer |
| | Gum (periodontal) disease | Oral exam |
| | Hearing problems, deafness | Hearing test |
| | Vision problems, eye disease, blindness | Vision exam |
| | Inflammatory bowel disease; colon polyps; colon, ovarian, or endometrial cancer | Colonoscopy, sigmoidoscopy, DCBE, fecal occult blood test, Pap test, pelvic exam, transvaginal ultrasound, ovarian cancer tests |
| | Cancer, heart disease, or any health problem at an unusually young age (10 to 20 years before most people get the health problem) | Genetic counseling, possible early screening tests |
| | Two relatives with the same kind of cancer | Genetic counseling, possible early screening tests |
| | Certain combination of cancers within a family, such as: breast and ovarian cancer, colorectal cancer and endometrial cancer | Genetic counseling, possible early screening tests |
| | Birth defects or genetic disorder (you or your partner) | Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner. |

This chart lists screenings, tests, or exams you might need more often or earlier because of having highrisk factors or things in your life that increase your chances of developing a condition or disease.

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| ✓ if it applies | Are You? | Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age: |
|-----------------------|--|---|
| | African American | Blood pressure test, cholesterol test, blood glucose test, vision exam, colonoscopy, mammogram, genetic counseling for sickle cell anemia |
| | Latina | Blood pressure test, cholesterol test, blood glucose test, mammogram, colonoscopy |
| | American Indian or Alaska Native | Blood glucose test, blood pressure test, pneumococcal vaccine |
| | Pacific Islander | Blood glucose test, blood pressure test |
| | Ashkenazi Jewish descent | Genetic counseling for Tay-Sachs disease, if you want to become pregnant |
| | Ashkenazi Jewish with family history of breast or ovarian cancer | Genetic counseling for possible BRCA1/2 mutation |
| | Asian American | Blood glucose test |
| | Age 60 or older | Shingles (herpes zoster) vaccine |
| | Age 65 or older | Bone mineral density test, flu vaccine, pneumococcal vaccine |
| | Between the ages of 60 and 64, weigh less than 154 lbs., and not taking estrogen | Bone mineral density test |
| | College age | MMR vaccine, varicella vaccine, human papilloma virus (HPV) vaccine, meningococcal vaccine, Td/Tdap vaccine, influenza vaccine |
| | Postmenopausal | Bone mineral density test |
| | Pregnant | Blood pressure test, blood glucose test, urine test, HIV test, STI tests, hepatitis B antigen test, influenza vaccine, Td/Tdap vaccine, hepatitis B vaccine |
| | A non-pregnant woman of childbearing age | MMR vaccine, varicella vaccine, HPV vaccine, Td/Tdap vaccine |
| | A smoker | Blood pressure test, cholesterol test, bone mineral density test, oral exam, vision exam, pneumococcal (PPSV) vaccine |
| | Overweight | Blood pressure test, blood glucose test, cholesterol test, weight |
| | Living in prison | TB test, HIV test, STI tests, hepatitis C test, MMR vaccine, Td/Tdap vaccine, varicella vaccine, hepatitis A, B vaccines |
| | Living in long-term care | TB test, influenza vaccine, pneumococcal vaccine |
| | A health care worker | TB test, influenza vaccine, MMR vaccine, varicella vaccine, Td/Tdap vaccine, HIV test, hepatitis test, hepatitis B vaccine |

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| ✓ if it applies | Do you have or have you had? | Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age: |
|-----------------------|---|---|
| | High blood pressure | Blood pressure test, cholesterol test, blood glucose test |
| | High cholesterol | Blood pressure test, cholesterol test, blood glucose test |
| | Heart disease | Blood pressure test, cholesterol test, blood glucose test, influenza vaccine, pneumococcal vaccine |
| | Diabetes | Blood pressure test, cholesterol test, blood glucose test, vision exam, urine test, influenza vaccine, pneumococcal vaccine |
| | Gestational diabetes (diabetes during pregnancy) | Blood glucose test |
| | A baby weighing more than 9 lbs. | Blood glucose test |
| | Breast cancer | Mammogram, breast self-exam, pelvic exam, other imaging or lab tests, genetic counseling for ovarian and breast cancer risk, ovarian cancer tests |
| | Dense breast | Digital mammogram, clinical breast exam |
| | Cervical, uterine, endometrial, vaginal cancer | Pap test, pelvic exam, follow-up imaging tests or lab tests; screening tests for other types of cancer, such as ovarian or colorectal cancers |
| | Ovarian cancer | Pelvic exam, follow-up lab, blood, and imaging tests, genetic counseling, mammogram, colon screening |
| | Previous abnormal Pap tests | Pap test, pelvic exam, HPV test, human papillomavirus (HPV) vaccine |
| | Early menopause (natural or surgically induced); lower body weight (less than 154 pounds); a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle or little physical activity; absent or infrequent menstrual periods | Bone mineral density test |
| | An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis) | Thyroid test, TB test, influenza vaccine, pneumococcal vaccine, autoimmune screening test, bone mineral density test |

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|-----------------------|--|---|
| | Chronic lung disease (chronic obstructive pulmonary disease) | Influenza vaccine, pneumococcal vaccine |
| | Chronic liver disease | Hepatitis A, B vaccines, influenza vaccine, pneumococcal vaccine |
| | Thyroid diseases | Thyroid test, influenza vaccine, pneumococcal vaccine, bone mineral density test |
| | Gum disease (periodontitis) | Oral exam |
| | Colon (adenomatous) polyps, inflammatory bowel disease | Colonoscopy and other colon tests |
| | Colon cancer | Endometrial cancer screening, colon cancer screening tests |
| | Developmental delay | Vision exam, hearing test, oral exam, bone health screening |
| | Eye injury or disease | Vision exam |
| | Ear injury or prolonged exposure to loud noise | Hearing test |
| | HIV/AIDS | Oral exam, vision exam, Pap test, pelvic exam, TB test, STI tests, blood glucose test, cholesterol test, hepatitis screening, thyroid test, influenza vaccine, pneumococcal vaccine, hepatitis A and B vaccines, HPV vaccine, Td/Tdap vaccine, MMR vaccine, varicella vaccine |
| | Received blood transfusion or solid organ transplant before 1992 | Hepatitis C test |
| | Received clotting factor concentrates produced before 1987 | Hepatitis C test |
| | Received blood transfusion between 1978 and 1985 | HIV test |
| | Multiple sex partners (or having a partner who has or had multiple sex partners) | STI tests, hepatitis B vaccine, HIV test, Pap test, pelvic examination, human papillomavirus (HPV) vaccine |
| | Eating disorder | Blood pressure test; bone mineral density test; dental exam; screening for psychiatric conditions |
| | Alcoholism | Pneumococcal vaccine, tuberculosis testing, screening for psychiatric conditions, liver tests |
| | Injection drug use or drug addiction | Hepatitis A, B vaccines; hepatitis C test; STI tests; HIV test; screening for psychiatric conditions |

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|-----------------------|---|---|
| | Sexually transmitted infection | STI tests, Pap test, HIV test, pelvic examination, hepatitis B vaccine, human papillomavirus vaccine |
| | Lived or worked with someone exposed to tuberculosis | Tuberculosis test |
| | A serious injury (cut or laceration) | Tetanus-diphtheria (Td/Tdap) booster vaccine |
| | A baby recently (within the last few weeks or months) | Postpartum depression screening |

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Content last updated March 1, 2009.